



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09256, Pears, canned, light syrup pack, solids and liquids

Report Date: June 30, 2017 20:11 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 251g	1 half, with liquid 76g
Proximates						
Water	g	84.46	26	0.137	211.99	64.19
Energy	kcal	57	--	--	143	43
Energy	kJ	238	--	--	597	181
Protein	g	0.19	18	0.007	0.48	0.14
Total lipid (fat)	g	0.03	8	0.003	0.08	0.02
Ash	g	0.14	18	0.004	0.35	0.11
Carbohydrate, by difference	g	15.17	--	--	38.08	11.53
Fiber, total dietary	g	1.6	--	--	4.0	1.2
Sugars, total ¹	g	12.10	1	--	30.37	9.20
Sucrose ¹	g	1.10	1	--	2.76	0.84
Glucose (dextrose) ¹	g	4.80	1	--	12.05	3.65
Fructose ¹	g	5.10	1	--	12.80	3.88
Maltose ¹	g	1.10	1	--	2.76	0.84
Minerals						
Calcium, Ca	mg	5	16	0.156	13	4
Iron, Fe	mg	0.28	20	0.014	0.70	0.21
Magnesium, Mg	mg	4	17	0.095	10	3
Phosphorus, P	mg	7	17	0.135	18	5
Potassium, K	mg	66	--	--	166	50
Sodium, Na	mg	5	--	--	13	4
Zinc, Zn	mg	0.08	--	--	0.20	0.06
Copper, Cu	mg	0.049	--	--	0.123	0.037

Nutrient	Unit	1			1 cup, halves		1 half, with liquid	
		Value Per 100 g	Data points	Std. Error	251g	76g		
Manganese, Mn	mg	0.033	--	--		0.083		0.025
Selenium, Se	µg	0.0	--	--		0.0		0.0
Vitamins								
Vitamin C, total ascorbic acid	mg	0.7	47	0.032		1.8		0.5
Thiamin	mg	0.010	17	0.000		0.025		0.008
Riboflavin	mg	0.016	25	0.001		0.040		0.012
Niacin	mg	0.154	18	0.009		0.387		0.117
Pantothenic acid	mg	0.022	--	--		0.055		0.017
Vitamin B-6	mg	0.014	--	--		0.035		0.011
Folate, total	µg	1	--	--		3		1
Folic acid	µg	0	--	--		0		0
Folate, food	µg	1	--	--		3		1
Folate, DFE	µg	1	--	--		3		1
Choline, total	mg	3.4	--	--		8.5		2.6
Vitamin B-12	µg	0.00	--	--		0.00		0.00
Vitamin B-12, added	µg	0.00	--	--		0.00		0.00
Vitamin A, RAE	µg	0	--	--		0		0
Retinol	µg	0	--	--		0		0
Carotene, beta	µg	0	--	--		0		0
Carotene, alpha	µg	0	--	--		0		0
Cryptoxanthin, beta	µg	0	--	--		0		0
Vitamin A, IU	IU	0	--	--		0		0
Lycopene	µg	0	--	--		0		0
Lutein + zeaxanthin	µg	34	--	--		85		26
Vitamin E (alpha-tocopherol)	mg	0.08	--	--		0.20		0.06
Vitamin E, added	mg	0.00	--	--		0.00		0.00
Vitamin D (D2 + D3)	µg	0.0	--	--		0.0		0.0
Vitamin D	IU	0	--	--		0		0
Vitamin K (phylloquinone) ^{2,3}	µg	0.3	2	--		0.8		0.2
Lipids								
Fatty acids, total saturated	g	0.002	--	--		0.005		0.002
4:0	g	0.000	--	--		0.000		0.000
6:0	g	0.000	--	--		0.000		0.000

Nutrient	Unit	1			1 cup, halves 251g	1 half, with liquid 76g
		Value Per100	Data points	Std. Error		
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.001	--	--	0.003	0.001
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.006	--	--	0.015	0.005
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.006	--	--	0.015	0.005
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.007	--	--	0.018	0.005
18:2 undifferentiated	g	0.007	--	--	0.018	0.005
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.005	--	--	0.013	0.004
Isoleucine	g	0.006	--	--	0.015	0.005
Leucine	g	0.010	--	--	0.025	0.008
Lysine	g	0.007	--	--	0.018	0.005
Methionine	g	0.002	--	--	0.005	0.002
Cystine	g	0.002	--	--	0.005	0.002
Phenylalanine	g	0.005	--	--	0.013	0.004
Tyrosine	g	0.002	--	--	0.005	0.002
Valine	g	0.007	--	--	0.018	0.005
Arginine	g	0.003	--	--	0.008	0.002
Histidine	g	0.002	--	--	0.005	0.002

Nutrient	Unit	1			1 cup, halves 251g	1 half, with liquid 76g
		Value Per 100	Data points	Std. Error		
Alanine	g	0.006	--	--	0.015	0.005
Aspartic acid	g	0.038	--	--	0.095	0.029
Glutamic acid	g	0.014	--	--	0.035	0.011
Glycine	g	0.006	--	--	0.015	0.005
Proline	g	0.005	--	--	0.013	0.004
Serine	g	0.007	--	--	0.018	0.005
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein ⁴	mg	0.00	1	--	0.00	0.00
Genistein ⁴	mg	0.00	1	--	0.00	0.00
Total isoflavones ⁴	mg	0.00	1	--	0.00	0.00

Sources of Data

¹J.A. Dudek **Investigation of total dietary fiber methodology in the characterization of the carbohydrate fraction of canned pears**, 1985 Journal of Food Science 50 pp.851-852

²S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

³G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597

⁴Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331